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X-Files unsealed

FOX CONFIRMS IT'S IN TALKS TO BRING BACK THE LONG-SINCE-ENDED SERIES, AND ITS ORIGINAL STARS — BUT WILL GILLIAN ANDERSON REPRISE THE ROLE OF SCULLY WHEN IT'S STELLA GIBSON SHE ENJOYS PLAYING? PAGES 11 & 12

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MP plans party for Maple Leaf flag's 50th

'Most important symbol that Canada has.' Kevin Lamoureux wonders why feds aren't making a big to-do of the anniversary

SHANE GIBSON
shane.gibson@metronews.ca

A Winnipeg MP left wondering why there's no real hoopla planned to mark next month's 50th birthday of Canada's Maple Leaf flag has decided to fly his own plans up the flag pole.

Winnipeg North MP Kevin Lamoureux said he's worried our flag's golden anniversary on Feb. 15 may go by unnoticed because the federal government isn't doing anything major to mark the occasion.

"It's interesting that the government will spend literally hundreds of millions of dollars annually on advertising; it would be nice if they would advertise a little bit more about the importance of our Maple Leaf and this particular anniversary," he said.

Feb. 15 was named National Flag of Canada Day in 1996 and marks the anniversary of the first time the Maple Leaf flag flew at Parliament Hill in Ottawa back in 1965.

Canadian Heritage recently told The Canadian Press the day would be marked by educational activities and special events, but the department couldn't say how much it's spending on the flag's birthday.

Lamoureux said he thinks the Maple Leaf flag deserves better treatment on its 50th.

He'll be sending mailers reminding constituents about the occasion to every home in his riding and is planning a flag-raising ceremony on the 15th. He's also working with schools in his riding to put together a contest for students.

"It is a symbol that is known throughout the world," he said. "Whether it's our Olympic athletes, our foreign affairs offices around the world, or just tourists who sew it on their bags when they travel.

"The Maple Leaf is the single most important symbol that Canada has."

WITH FILES FROM THE CANADIAN PRESS

Quoted

"It is a symbol that is known throughout the world.... Whether it's our Olympic athletes, our foreign affairs offices around the world, or just tourists who sew it on their bags when they travel."

Winnipeg North MP Kevin Lamoureux on the importance of the Canadian flag.

PLEASE WAIT TO BE SEATED, ON ICE

Colin Neufeld uses a chainsaw Sunday to cut a bottle-shaped seating area out of the ice on the Assiniboine River for RAW: almond — the pop-up restaurant set to open for its third year on the ice at The Forks this Thursday. SHANE GIBSON/METRO

Traffic accident

Accident sends pick-up through jewelry store's front window

Police are investigating after a crash between a pick-up truck and an ambulance sent the truck through the front window of Independent Jewellers on Notre Dame Avenue Saturday.

Police said the ambulance was heading westbound on Notre Dame Avenue when a pick-up truck heading north on Isabel Street crashed into it at the intersection of Isabel Street and Notre Dame Avenue.

Police said Sunday the ambulance had the green light at the time.

The crash sent the pick-up truck into the jewelry store, causing significant damage.

The four occupants in the truck, and two in the ambulance were not seriously injured.

Police continue to investigate. METRO

Winnipeg

Woman testifies in second-degree murder case

A Winnipeg woman accused of intentionally running over a man and his son with a minivan has testified in her own defence that she was just trying to get away from a brawl. The 22-year-old woman is charged with second-degree murder in the August 2011 death of Marcel Murdock, who was 40. She is also accused of attempting to kill his son, Craig Hanslip, who was seriously injured.

THE CANADIAN PRESS

Mayor Brian Bowman said the decision to suspend acting CAO Deepak Joshi, above, was not reached lightly. BERNICE PONTANILLA/METRO

Mayor suspends acting CAO Joshi

'Difficult decision.' Under the city's charter, the mayor can suspend a city employee for three working days

BERNICE PONTANILLA
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Mayor Brian Bowman said it was a loss on confidence that led him to make the "difficult decision" to suspend acting chief administrative officer Deepak Joshi.

The suspension was made public via a news release from the mayor's office on Friday afternoon.

"I've lost confidence and have exercised my power under the act (City of Winnipeg Charter)," said Bowman, who left a council seminar on the Convention Centre to speak to media.

"I'm not going to get into specifics on HR (human resources) matters, but suffice to say that I've lost confidence in having him serve in the role and had to make a very difficult decision today.

"It was not a decision reached lightly."

While Bowman refused to go into details, he responded later in the scrum to reporters' questions on the Convention Centre that from what he's observed at city hall, the previous council didn't have all of the facts before making important decisions.

Joshi was chief operating officer before he was tapped to become acting CAO when the controversial Phil Sheegl resigned in October 2013.

Michael Jack, who was COO up until Friday morning, is now the acting CAO.

Under the charter, the mayor can suspend the CAO for three working days, with executive policy committee deciding during that time whether to rescind the suspension, suspend for another 30 days or make a recommendation to council for dismissal.

Bowman indicated that he'll have more to say on the suspension during Wednesday's EPC meeting.

Quoted

"I'm not going to get into specifics on HR matters, but suffice to say that I've lost confidence in having him serve in the role."

Winnipeg Mayor Brian Bowman, on the suspension of acting chief administrative officer Deepak Joshi

Transit. Cost of Phase 2 expansion up by $3M

Prepping the route for the city's second phase of rapid transit just got $3 million dollars more expensive, but it could have been $20 million, said officials with Manitoba Hydro during Friday's infrastructure renewal and public works meeting.

The committee allowed a tweak to an earlier approved report on the capital integration project to reflect the added cost for Manitoba Hydro to move a transmission line to accommodate the dogleg route.

Hydro official Jesse Perry said it would have cost the city $20 million to move the high voltage line but, since Hydro has an upgrade project in place for that area, the city is responsible for only the cost of the $6.25 million upgrade.

The tubular tower is necessary, added Perry, because Hydro's footprint needs to be smaller to allow enough space for the southwest corridor's dogleg route.

BERNICE PONTANILLA/METRO

Carts proposal passes first hurdle

A proposal to cover the cost of replacing damaged garbage and recycling carts passed its first hurdle on Friday.

The infrastructure renewal and public works committee approved the new policy, however, this coverage doesn't extend to stolen carts.

Committee chair Coun. Janice Lukes (St. Norbert) said "things happen" that homeowners are not responsible for, and this policy addresses that.

"When we looked across at other cities, throughout other cities in Canada, there is a replacement policy," said Lukes after the public works committee wrapped up.

"I think it's very positive, there's lots of challenges in different parts of the city that their containers are damaged beyond their control."

The city estimates this new policy, which is not retroactive, will cost $127,500 annually to replace about 1,500 carts.

BERNICE PONTANILLA/METRO

Coun. Janice Lukes
BERNICE PONTANILLA/METRO WINNIPEG

Mayor Brian Bowman and Startup Winnipeg chair Michael Legary unveil the new Innovation Alley street sign.
COLIN FAST/FOR METRO

Small biz on the big screen

Celebration. Startup community marks street renaming, premiere of documentary that highlights success stories

COLIN FAST
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Winnipeg's innovation sector held its coming-out party on Friday, starting with a street renaming and ending with a movie premiere.

Mayor Brian Bowman made good on a campaign promise to rename a portion of Adelaide Street, from William Avenue to McDermot Avenue, as "Honourary Winnipeg Innovation Alley."

The two-block stretch houses several business incubators, entrepreneurial support organizations and startup firms.

"It's really important to our city's future that these companies succeed, so we need to do everything we can to help them," said Bowman, who hinted the city could eventually designate staff to help new businesses get off the ground.

Later in the day, close to 700 people filed into the Burton Cummings Theatre for the premiere of a documentary about Innovation Alley. The film traces the origins of the Startup Winnipeg facility on Adelaide Street, and profiles such growing local companies as Permission Click and Home Snowboards.

Michael Legary, the driving force behind Startup Winnipeg, said Friday's events marked a new stage in development for the local business community.

"There's a buzz around town about startups and incubation," he said. "Both sides have now come together, private industry and government at all levels, to build innovation in a new way in Manitoba. That's what we're celebrating."

In addition to the street renaming and documentary, the provincial government announced that 10 startup firms will receive $3,000 grants through the first round of its TechFutures program.

Watch the documentary

The Innovation Alley documentary is available to MTS TV customers through video on demand.

Sudden death in North Point Douglas not homicide: Police

Police say an 18-year-old woman who died after an altercation in a North Point Douglas home won't be investigated as a homicide.

Police were called to a home at 101 Lorne Ave. around 1:10 a.m. Saturday; a witness there told Metro a young woman was assaulted by someone she knew in the home.

Crews worked to revive the woman, said the witness, but she was taken to hospital with no vital signs.

Police confirmed later Saturday the woman had been rushed to hospital in critical condition where she was pronounced dead.

Members of the homicide unit investigated, and initially thought the altercation had led to the woman becoming unresponsive, but an autopsy showed the cause of death was medically related.

Police said Sunday criminal charges aren't being pursued in the case at this time.

METRO

Emergency personnel help an 18-year-old woman outside a home on Lorne Avenue Saturday morning. SHAUN MCLEOD/FOR METRO

Obama's letter to Brandon students praises book project

A literacy program at a Manitoba school aimed at new immigrants has caught the attention of U.S. President Barack Obama.

The Ecole New Era School dual language book project in Brandon encourages immigrants to write stories in their own language and then in English.

Students then illustrate the stories.

So far nine books have been published and printed, with another 11 more in progress.

Obama was made aware of the program after the Brandon School Division sent copies of the student-written books to the White House.

Commendations from the White House

"More than ever the futures of countries and people are intertwined. Hearing from thoughtful, engaged students like you gives me great hope for a brighter tomorrow." Excerpt of Barack Obama's letter

The president sent the students a letter this week congratulating them.

"Please know I am touched by your warm gesture," Obama wrote.

"Today we are in extraordinary times, with extraordinary opportunities, and more than ever the futures of countries and people are intertwined.

"Hearing from thoughtful, engaged students like you gives me great hope for a brighter tomorrow."

Grade 8 student Eshita Lallawooa said she was surprised Obama would take the time to write.

"He is a really busy man," she said.

"How would he find time for us? We are in a small city in a really small school."

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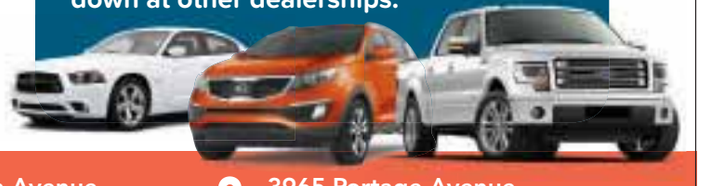

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Language. Quebec rejects calls to do more for anglos

The Quebec government has rejected a renewed call by Canada's official languages commissioner that it create an office of anglophone affairs to better serve the province's linguistic minority.

Graham Fraser told The Canadian Press he met with the three Liberal anglophone members of the legislature and said there was "no indication" the governing party would create a body dedicated to Quebec's 600,000 anglophones.

The government's reaction is not a surprise to community groups in Quebec who often complain the Liberal government's rhetoric about the province's anglophones doesn't match its actions.

The Liberals publicly acknowledge the importance of the province's English speakers — as opposed to their predecessors who were, at times, openly hostile to Quebec's largest linguistic minority.

Official languages commissioner Graham Fraser THE CANADIAN PRESS

But members of Quebec's anglophone minority say local control over institutions at the heart of their community is slowly eroding, as is their influence over public policy — regardless of the government in power. THE CANADIAN PRESS

Palestinians hurl eggs, shoes at Baird's convoy

Ramallah. Foreign Minister John Baird greeted by dozens of protesters during visit to Palestine

Dozens of Palestinian protesters hurled eggs and shoes at the convoy of the visiting Canadian foreign minister Sunday in a show of defiance toward Canada's perceived pro-Israel stance.

John Baird was visiting Ramallah to meet Palestinian Foreign Minister Riad Malki when demonstrators pelted his convoy.

Baird shrugged off the incident. "I was in Mike Harris's cabinet for four years. I got a lot worse," Baird told reporters afterward, referring to Harris's Progressive Conservative government in Ontario that was often targeted for its cost cutting.

The Palestinian protesters also held signs reading: "Baird, you are not welcome in Palestine" and "Baird, Jerusalem is our capital." Media reports say Baird was not hit.

"We take a strong position supporting the only liberal and democratic state in the region," Baird said. "We take the view that (in) a peace process, progress is best made at the negotiating table and not through unilateral actions on the other side. We're proud of that position, we believe it's the best one and don't apologize for it."

Activists from Palestinian President Mahmoud Abbas' Fatah party earlier had called for a boycott of Baird because of Canada's Middle East policies.

"This person backs up the Zionist movement," protester Abdullah Abu-Rahmeh said. "This person diminishes the rights of our people, takes part and backs up building of settlements. We tell him that he's not welcome." THE ASSOCIATED PRESS

Canada's pro-Israel stance

Canada has been one of only a few Western countries to stand by Israel as it has come under fierce international criticism over deadlocked negotiations with the Palestinians, the recent Gaza war and its settlement building.

- Canada also opposes the Palestinians' unilateral attempts to reach statehood as well as its recent bid to pursue war crime charges against Israel at the International Criminal Court.

St. Albert, Alta.

Wounded Alberta Mountie still unconscious: RCMP

One of two RCMP officers shot Saturday in St. Albert, Alta., is unconscious and not expected to survive, as the force tries to understand how the man they believe shot him was walking the streets.

In a Sunday news conference, the RCMP confirmed that Const. David Matthew Wynn had been shot in the head during the altercation and remained in grave condition. Police said that Shawn Maxwell Rehn, 34, their primary suspect in the shooting, was well-known to police. Rehn was found dead Saturday in an unoccupied rural home not far from where the shooting took place.

During a Saturday news conference Asst. Commissioner Marlin Degrand would not confirm if Rehn took his own life, but said while police had contained the area, they had not engaged the suspect or communicated with him.

The two officers both sustained serious injuries in the altercation, which took place around 3 a.m. at the Apex Casino in the community.

Auxiliary RCMP Const. Derek Walter Bond was released from hospital late Saturday evening, though RCMP stressed that he has a long recovery ahead.

Wynn, 42, has been with the RCMP since 2009 and Bond, 49, has been working as an auxiliary constable since 2008.

RYAN TUMILTY/METRO IN EDMONTON

A tearful welcome for HMCS Toronto

Lt.-Comm. Sheldon Gillis embraces his daughter Ella, 8, after disembarking from the HMCS Toronto in Halifax on Sunday morning following a seven-month deployment. The warship was taking part in a NATO exercise in the Mediterranean Sea responding to Russia's military aggression in Ukraine.

JEFF HARPER/METRO IN HALIFAX

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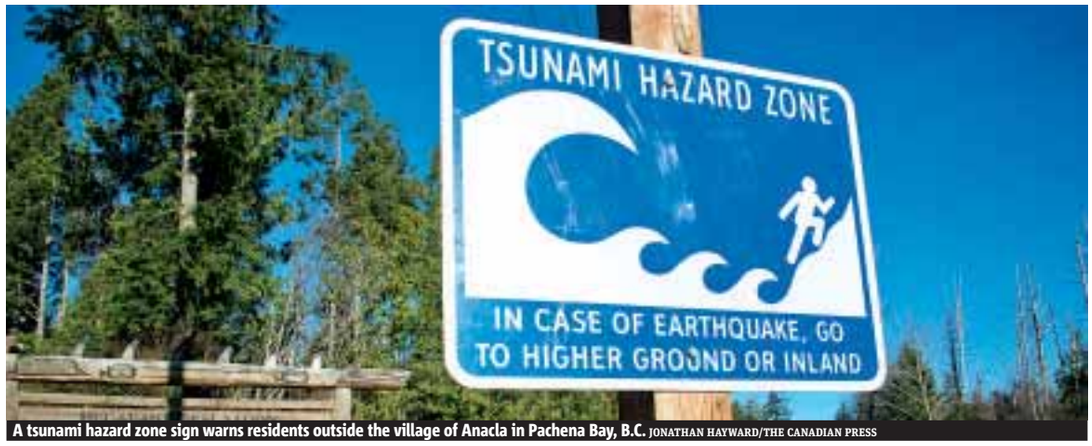
Island residents feel prepared for next big quake and tsunami

Disaster planning. Residents on the west coast of Vancouver Island will have barely 20 minutes to get to higher ground



A tsunami hazard zone sign warns residents outside the village of Anacla in Pachena Bay, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

The low tide, bright sunshine and constant roar of waves display the full power of the Vancouver Island shoreline at the remote beach handed down to Stella Peters and her family as a wedding dowry.

For generations, Peters and her relatives have been the keepers of Pachena Bay, the picturesque beach that scientists forecast as an epicentre for the next massive earthquake and tsunami.

The bay is also the home to the Huu-ay-aht First Nations village of Anacla, about 300 kilometres northwest of Victoria, which aboriginal oral history says was devastated when an ancient earthquake hit the West Coast of North America.

First Nations from Vancouver Island to northern California describe the earthquake and tsunami in similar legends and artwork of a life-and-death struggle between a thunderbird and a whale.

When the next big quake hits, residents on the west side of Vancouver Island will barely have 20 minutes to get to higher ground.

"Every year we hear the same thing, that, 'Oh, the big waves are going to come, the big waves are going to come,"' Peters says as she looks out on the ocean. "I'm not really too worried about it actually happening. We're not ready for it, but in a sense we are. We seem to be on the ball when it comes to evacuating the place."

THE CANADIAN PRESS

Historical warning

On Jan. 26, 1700 at about 9 p.m., a magnitude 9 earthquake struck the Pacific coast, causing violent shaking for minutes that scientists believe was felt as far away as Manitoba.

- The shaking was followed almost immediately by a tsunami that legend and scientists say sucked everybody and everything along the coast into the ocean.
- Nine hours later, a tsunami the height of a four-storey building hit the Japanese coast, destroying all in its path. It wasn't until the late 1990s that scientists linked the tsunami to geologic reports of the earthquake in North America.

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In this aerial photo provided by the Philippine Air Force, a massive crowd of Filipino faithful fill up the Rizal Park during a Mass celebrated by Pope Francis Sunday in Manila, Philippines. PHILIPPINE AIR FORCE/THE ASSOCIATED PRESS

Pope draws 6 million to massive Mass in Manila

Record figure. Francis dedicated the final part of his week-long Asia trip to children

A crowd estimated at a record six million people by officials poured into Manila's rain-soaked streets and its biggest park Sunday as Pope Francis ended his Asian pilgrimage with an appeal for Filipinos to protect their young from sin and vice so they can instead become missionaries of the faith.

The crowd estimate, which could not be independently verified, included people who attended the Pope's final Mass in Rizal Park and surrounding areas, and lined his motorcade route, said the chairman of the Metropolitan Manila Development Authority, Francis Tolentino.

The Vatican spokesman, the Rev. Federico Lombardi, said the Vatican had received the figure officially from local authorities and that it was a record, surpassing the five million who turned out for St. John Paul II's final Mass in the same park in 1995.

Francis dedicated the final homily of his week-long Asia trip, which began in Sri Lanka, to children, given that the Mass fell on an important feast day honouring the infant Jesus. His focus was a reflection of the importance that the Vatican places on Asia as the future of the church since it's one of the few places where Catholic numbers are growing — and on the Philippines as the largest Catholic nation in the region.

"We need to see each child as a gift to be welcomed, cherished and protected," Francis said in his homily. "And we need to care for our young people, not allowing them to be robbed of hope and condemned to a life on the streets."

Francis made a triumphant entry into Rizal Park, riding on a popemobile based on the design of a jeepney, the modified U.S. army Second World War jeep that is a common means of public transport in Manila. He wore the same cheap, plastic yellow rain poncho handed out to the masses during his visit to the typhoon-hit eastern city of Tacloban a day earlier.

The crowd — a sea of humanity in colorful rain ponchos spread out across the 60 hectares of parkland and boulevards surrounding it — erupted in shrieks of joy when he drove by, a reflection of the incredible resonance Francis's message about caring for society's most marginal has had in a country where about a quarter of its 100 million people lives in poverty.

"It was a blessing that we saw him. Even if we were soaked by the rain, we feel fine," said Emmie Toreras, 38, who was wearing a garbage bag to guard against the rain. She said she had slept in the park since Friday to score a view of the Pope.

"He loves the poor and people like us," said Toreras, whose husband, a rags vendor, stayed home to work.

THE ASSOCIATED PRESS

World's largest events

Philippine officials estimated that six million people either attended the Mass that Pope Francis celebrated Sunday in Manila's Rizal Park or watched his motorcade en route. That would be a record for any pope, but not for any event. A look at some of the biggest gatherings of humanity:

- **INDIA:** Once every 12 years in northern India, tens of millions of Hindus gather in the city of Allahabad for what is thought to be the largest religious meeting in the world— the Maha Kumbh Mela, or Big Pitcher Festival.
- **RIO'S COPACABANA BEACH:** Vatican and Brazilian officials said 3.7 million people gathered on July 28, 2013, to see Pope Francis celebrate World Youth Day on the iconic Copacabana beach. But number crunchers disputed the figure, saying the real number was not even half that.
- **MECCA:** Islam's annual hajj brings between three million and five million pilgrims from around the world to Mecca, the faith's holiest sites, to perform nearly a week of rites.
- **ASHOURA:** Up to three million Shiite pilgrims every year make their way on foot to a shrine in Karbala, 90 km south of Baghdad, to commemorate the seventh-century battle in which Prophet Muhammad's grandson, Imam Hussein, died.
- **PARIS RALLY:** Between 1.2 million and 1.6 million people streamed through the streets of Paris on Jan. 11 to mourn the victims of the deadly attacks on the satirical newspaper Charlie Hebdo.

Fighting. Ukraine leader vows to reassert control

Ukraine's president vowed Sunday to reassert government control over eastern regions as the army unleashed a counter-offensive against Russian-backed separatist fighters vying for command over the airport in the city of Donetsk.

The separatist stronghold was shaken by intense outgoing and incoming artillery fire over the weekend as a bitter battle rages for the air terminal and surrounding areas.

Streets in Donetsk, which was home to a million people before unrest erupted in spring, were completely deserted Sunday and the windows of apartments in the centre were rattled by incessant rocket and mortar fire.

The warring sides exchanged rocket fire along several points in the roughly 350-kilometre front line.

Regional authorities loyal to the government said two children, aged seven and 16, were killed when a rebel shell hit their home in Vuhlehirsk, a town 75 kilometres northeast of Donetsk.

A little further west, in the rebel-controlled city of Horlivka, two were killed and another 16 injured as a result of rocket attacks, city council secretary Oleg Gurbanov said in a statement. THE ASSOCIATED PRESS

Ukrainian President Petro Poroshenko THE ASSOCIATED PRESS

France. Police release 3 suspects, question 9

French police have released three female suspects from questioning, but will keep nine other people in custody as part of an anti-terror investigation connected to last week's attacks in Paris that have put Europe on high alert, officials said Sunday.

Amid the heightened European vigilance, a far-right rally in Germany planned for Monday was cancelled over a terrorism threat, Italy said it had expelled nine suspected jihadis since late December and Britain's home secretary called for new action to fight anti-Semitism in the wake of the Paris attacks.

Authorities in Belgium, meanwhile, asked Greek counterparts to extradite a man detained in Greece a day earlier in connection with a probe of a suspected plot to kill police in Belgium. On Thursday, Belgian police led a vast anti-terrorism sweep in and around Brussels and in eastern Verviers, which left two suspects dead. Authorities cited an imminent threat.

Police in at least four European countries arrested dozens of suspects in recent days in an anti-terrorism crackdown sparked by last week's bloody rampage in and around Paris. Brothers Said and Cherif Kouachi and their friend, Amedy Coulibaly, killed 17 people at the satirical newspaper Charlie Hebdo, a kosher grocery and elsewhere. THE ASSOCIATED PRESS

Radio announcement

Irish cabinet member tells nation he's gay

A senior cabinet minister in Ireland says he's gay, becoming the first openly homosexual government figure in the history of the traditionally conservative Catholic country.

Sunday's announcement on state radio by Health Minister Leo Varadkar received widespread praise for its straightforward honesty. Analysts said his decision was likely to be viewed in hindsight as a landmark of social change in a country that, until 1993, outlawed homosexual acts.

Varadkar said he decided to declare his sexuality in advance of government moves this year to advance gay rights. These include plans to legalize gay marriage, permit homosexual men to donate blood, and create greater parenthood rights for gays in surrogate-pregnancy cases. He said May's constitutional referendum on gay marriage, in particular, got him thinking about going public.

THE ASSOCIATED PRESS

An estimated 20,000 people have died from kidney disease in Sri Lanka's rice basket over the past 20 years. Doctors have been unable to identify the cause. THE ASSOCIATED PRESS FILE/ERANGA JAYAWARDENA

Mysterious kidney disease kills thousands in Sri Lanka

World health. Doctors and researchers are still baffled, more than two decades after people started dying in farming communities

V.G. Karunawathie isn't hungry for breakfast. She rarely is these days, but she forces herself to choke down a few bites of rice, dried fish and a simple coconut mix.

The doctors say it's better to have something in her stomach before the four-hour dialysis treatments. She's going for her second session of the week. Her fingers and toes are fat with fluid, and her spongy arms feel like water balloons.

Karunawathie is only 40, but she is dying, and no one knows why. Her kidneys have stopped working, and now she's kept alive by a pump that filters waste from her blood.

The cause of her disease, which affects up to 400,000 people in Sri Lanka's rice basket, has baffled doctors and researchers for two decades. Even the World Health Organization hasn't been able to pinpoint what's killing as many as 10 people a month in Karunawathie's village.

The disease mirrors equally confounding conditions plaguing thousands of farmworkers in parts of India, Egypt and Central America. Suspected causes include chronic dehydration and the heavy use, and misuse, of agrochemicals — among the heaviest in the world.

No single cause has been identified, but theories abound. Many believe a combination of factors could be at play — from toxic algae and hard ground water to heavy metal exposure and fluoride in drinking water.

Karunawathie understands more about this chronic kidney disease than anyone should. It killed her father, mother and five brothers. Three other siblings have been sickened.

As the youngest of a dozen children, she was diagnosed 12 years ago in her farming village. She's been told to stop eating fish and lotus root and to swap her aluminum pots and pans for clay utensils.

She's heard arsenic is to blame, along with cadmium, lead and even home-brewed alcohol. Like most, she believes there's something in the water. But she has long given up trying to determine the source. Instead, she lives day to day at the mercy of a machine.

More than a half-century ago, after Sri Lanka gained independence from Britain, farmers were encouraged to move to the hot, dusty North Central province with offers of free land. They swapped ancient farming practices for modern techniques and adopted chemicals that promised the dream of self-sufficiency.

Rice paddies and vegetable fields soon dotted the vast, flat land irrigated by large reservoirs. Today, Sri Lanka produces enough rice to feed its 20 million people.

Karunawathie's father was among those who claimed a piece of this harsh ground. He earned good money farming tobacco when she was a child, and the whole family helped harvest and handle the pesticide-coated leaves, often stacked in a bedroom to dry.

Then in 1987, her father died after his kidneys suddenly gave out. He was one of the first in the village to succumb.

THE ASSOCIATED PRESS

Weed Killer

Although the death rate has climbed to as many as 20,000, the source continues to baffle. The latest research blames glyphosate, the country's top weed killer, known worldwide as Roundup.

- **That hypothesis, published in a little-known journal last February, suggests the agrochemical, introduced by U.S.-based Monsanto, forms a bond with heavy metals in food and drinking water that eventually destroys the kidneys.** Glyphosate has been detected by the WHO in 65 per cent of those sickened by the mystery kidney disease.
- **Although the theory has never been proven and Monsanto dismisses the claim, a minister announced in March that after seeing the report, then-President Mahinda Rajapaksa decided to ban the herbicide.** The chemical wasn't officially outlawed until last month, in what was seen largely as a political move to win votes ahead of January's election. Despite the law, glyphosate is still being sold in Sri Lanka.

Teen runaways on crime spree arrested in Florida

Sweetheart teen fugitives were arrested in Florida Sunday. THE ASSOCIATED PRESS

Two teenage sweethearts suspected in a crime spree of stolen vehicles and pilfered checks across the U.S. South have been taken into custody in Florida, Kentucky authorities said Sunday.

Grayson County Sheriff officials said 18-year-old Dalton Hayes and his 13-year-old girlfriend, Cheyenne Phillips, were arrested without incident about 12:10 a.m. Sunday in Panama City Beach.

The two had eluded police in multiple states while raising concern about their increasingly bold behaviour.

The U.S. Marshal's Service and local law enforcement in Panama City Beach discovered Hayes and Phillips asleep in a 2001 Toyota Tundra that was stolen in Georgia.

Hayes and Phillips began their run earlier this month when they vanished from their small hometown in western Kentucky. Authorities believe their travels took them to South Carolina and Georgia.

Hayes was running away from trouble back home, where he faces burglary and theft charges.

Norman Chaffins, sheriff in Grayson County, said the couple's behaviour had become "increasingly brazen and dangerous."

Twice, the teens were able to evade police in Kentucky. They crashed the first truck they stole and hid in the woods. They stole another truck nearby, Chaffins said.

At one point, the two were spotted at a Walmart in South Carolina, where the teens are thought to have passed two stolen checks, said Manning, South Carolina, Police Chief Blair Shaffer.

THE ASSOCIATED PRESS

Looked older

Dalton Hayes' mother, Tammy Martin, says the couple has been dating for about three months, and that the girl said she was 19. By the time her son realized she was just 13, "he was already done in love with her."

Dating site's legal battle with ex-employee ends

Concluded affair. Ashley Madison, former profile writer agree to have their case dismissed

The homepage of the Ashley Madison dating website is displayed on a laptop in Hong Kong in 2013. A legal battle between the Toronto-based website and a former employee has been dismissed by the courts. GETTY IMAGES FILE

The legal battle between a Canadian dating site for married people seeking affairs and a former employee who claimed she was injured typing up fake profiles has come to an end.

A lawsuit and countersuit between the Toronto-based Ashley Madison website and Doriana Silva have been dismissed without costs by the Ontario Superior Court.

The parties agreed to the move after the court threatened to dismiss the suits with costs, noting the cases still hadn't been placed on a trial list more than two years after the initial lawsuit was filed.

Avi Weisman, vice-president and general counsel for Ashley Madison's parent company Avid Life Media, says the company is "very pleased with the outcome."

The dispute began when Silva — who came to Toronto from Brazil — sued her former employer in 2012, alleging she seriously hurt her wrists and forearms typing up 1,000 "fake female profiles" over a few weeks for a new Portuguese-language version of the site.

She sought $20 million for what she called the company's "unjust enrichment" at her expense.

In her claim, Silva said the profiles were meant to lure unsuspecting men to join the site.

Ashley Madison denied the allegations and slapped her with a countersuit, claiming she kept confidential documents, including copies of her "work product and training materials."

The countersuit sought to retrieve the documents and obtain $100,000 in damages plus legal costs. The company also argued that the nature of what Silva typed was irrelevant and simply thrown in to tarnish the company's reputation.

Silva claimed she was led to believe writing the profiles was common in the online dating industry and would have otherwise refused. She also claimed she made her superiors aware of her injuries, which she said were ignored.

In the company's statement of defence, Ashley Madison said Silva only mentioned her injuries following the end of her probation period, at which point she was given time off.

The company alleged Silva continually delayed her return, claiming she had since led an active online presence, which it said would not be possible were she seriously injured. THE CANADIAN PRESS

By the numbers

$20M

Doriana Silva had been seeking $20 million in damages from Ashley Madison for injuries she claims she suffered while writing profiles for the company.

Online retail. U.S. stores a step ahead of Canadian companies: Analysts

Aggressive moves by U.S. retailers to win over Canadian online shoppers with perks such as price-matching and free shipping might be just what Canadian stores need to sharpen their e-commerce offerings.

"I think (Canadian) retailers have been complacent — until now. (But) things are changing with the influx of U.S. competition," says retail analyst Doug Stephens.

Stephens said pressure is building for established retailers such as Hudson's Bay Co. and Canadian Tire to beef up their online presence. The experience companies like Amazon and Walmart have in e-commerce, as well as the speed online-shopping technology is evolving, puts Canadian retailers at a disadvantage.

Retailers have also been held back by legacy computer systems, said Sally Seston, founder of Retail Category Consultants.

"It's a huge expense to make that leap into the technology, to be in the position of where you need to be to add these services," she said.

Quoted

"I think (Canadian) retailers have been complacent."

Doug Stephens, retail analyst

She suggests the goal for Canadian retailers may not be to mirror the U.S., but rather, countries in Europe or even Australia that have similar distribution challenges, including in-store delivery or pickup at lockers available after hours.

Canadian Tire seems to be taking this route, as customers are allowed to pick up items in-store, but the company said e-commerce won't be a meaningful part of its business until 2017.

Hudson's Bay executive chairman Richard Baker emphasized the importance of digital sales. The company's hope is to have digital sales account for 20 per cent of overall sales within the next five years. THE CANADIAN PRESS

Pressure is building for established retailers such Canadian Tire to beef up their web presence to compete with U.S. companies. LUCAS OLENIUK/TORSTAR NEWS SERVICE

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

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[1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations (with or without Ancillary Services and with Merchant Code: 5541) and Automated Fuel Dispensers (Merchant Code: 5542); Grocery Stores and Supermarkets (Merchant Code: 5411); Eating Places and Restaurants (Merchant Code: 5812), Drinking Places (Alcoholic Beverages) including Bars, Taverns, Nightclubs, Cocktail Lounges, and Discotheques (Merchant Code: 5813), Fast Food Restaurants (Merchant Code: 5814); Entertainment including Motion Picture Theaters (Merchant Code: 7832), Theatrical Producers (except Motion Pictures) and Ticket Agencies (Merchant Code: 7922), Bands, Orchestras and Miscellaneous Entertainers – Not Elsewhere Classified (Merchant Code: 7929). Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the card. Points are not awarded for cash advances, Scotia Credit Card Cheques, Scotia Rewards Dollars, returns, payments, casinos and gambling, annual membership or card fees, interest charges or service transaction charges. [2] The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 19.99% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21.99%. The regular annual fee is $99 per year for the first card issued on the account; additional cards are charged an annual fee of $29 per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Any additional cards must be issued by February 28, 2015, to qualify for the offer. The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank Gold American Express Card for at least $1,000 in net purchases posted to your account in the first three months from the account open date and provided the account is open and in good standing. Net purchases are defined as the cost of goods and services purchased on your credit card account, less amounts credited for refunds on such purchases. The points will appear as an adjustment on your Scotiabank Gold American Express Card statement within two statement cycles after the third billing cycle has passed. Offer applies to new accounts opened by February 28, 2015. Rates and fees are as of September 1, 2013 and are subject to change without notice.

VOICES

STOP OBFUSCATING, BOWMAN

Deepak Joshi departure needs more explanation than just 'lost confidence'

INSIDE THE PERIMETER
Shannon VanRaes

Only a few months have slid by since Winnipeg's civic election and already transparency has gone out the window at city hall.

Or it at least would have gone out the window if someone hadn't pulled down the blinds and turned out the lights, but once transparency feels its way to the door, it's outta there, I'm sure.

Last Friday, Mayor Brian Bowman surprised many by announcing he was suspending acting chief administrative officer Deepak Joshi, calling the decision to do so a "difficult one."

What the mayor didn't say was why he was suspending the longtime city employee and former chief operating officer, other than to indicate he had lost confidence in him — which is like stating that the sky is blue or that stoves get hot.

Everyone knows the sky is blue, just like everyone knows that employees don't get suspended for doing super-awesome competent work. People get suspended for screwing up.

So if Mayor Bowman is really serious about making city hall more transparent — as he promised repeatedly during his election campaign — he needs to tell Winnipeggers what was behind Joshi's suspension and stop obfuscating.

Calling the matter a human resources issue simply doesn't cut it, not when the employee in question oversees all city departments, millions of dollars and is responsible for providing elected officials with the information they need to make informed decisions and do their jobs.

Throw in the current state of affairs at Winnipeg City Hall and providing citizens with the full story becomes even more of an imperative.

The same day Joshi was suspended, mayor and council met behind closed doors to discuss serious shortcomings in the current expansion of the Winnipeg Convention Centre. Turns out the hotel promised by the project's top contractor — the very hotel that would help pay for the expansion via property taxes — isn't going to materialize. What serendipity.

Of course Joshi wouldn't have been acting as CAO if not for the hasty departure of his predecessor, Phil Sheegl, who resigned shortly before an audit was released on the still unresolved fire hall land-swap deal. Not to mention the RCMP's ongoing investigation around the construction of the city's new police headquarters.

Suffice to say that Winnipeggers have been left in the dark on many, many issues over the past several years. And while Bowman has proven he's willing to take action and make hard choices, he now needs to prove he can also be accountable for those decisions.

Bowman can get started by telling the people who elected him why he chose to suspend Winnipeg's most senior administrator.

For too long Winnipeggers have been kept in the dark. I only hope that when the lights come back on we don't see the mayor and council standing there next to us.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes.

Your Winnipeg

Where cool water flows

Photo submitted by reader Randy Hooker

Winnipeg reader Randy Hooker submitted this photo, taken last summer, of the Esplanade Riel and the now-completed Canadian Museum for Human Rights. CONTRIBUTED

SEE YOUR SHOT HERE: Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

The one and only Bryan Adams is gracing Winnipeg with his presence. GETTY IMAGES

Don't be Reckless, get your Adams tickets

Even the biggest music snob I know has a soft spot for Bryan Adams. The legendary musician will be coming to the MTS Centre on Tuesday and will be "performing a set that will honour not only the 30th anniversary of Reckless … but also his endless catalogue of rock classics," reads a statement from his publicity machine. Heading to the show? Of course you are. Expect to hear at least six or seven of his biggest hits from the Reckless album, including Run to You (my favourite), Summer of '69 (also my favourite), It's Only Love (my favourite duet… how do I get him to sing this with me?), Kids Wanna Rock, Somebody and One Night Love Affair (I have too many favourites.) Also, Heaven, which was his first No. 1 Billboard hit in the U.S. There are still (some) tickets available and they start at only $25 through Ticketmaster.

ELISHA DACEY/METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Mariah Carey ALL PHOTOS GETTY IMAGES EXCEPT WHERE NOTED

Nick is Wild 'N Out as he files for divorce from Mariah

Nick Cannon quietly filed for divorce from Mariah Carey last month.

It looks like any hopes of reconciliation between Mariah Carey and Nick Cannon have been dashed, as TMZ reports that Cannon has "quietly" filed for divorce last month.

The move comes just 10 days after Carey was late to a Christmas tree-lighting ceremony, forcing her to sing live and unprepared.

Sources say her tardiness was caused by phone calls with her lawyers hashing out the terms of the divorce, as Carey is keen to keep Cannon out of her upcoming big-ticket residency series in Las Vegas.

Hey, remember last April when divorce rumours first started to swirl and Cannon vehemently denied them?

Oh well.

Fox in talks to re-open the X-Files

It turns out that Fox had such a good time bringing 24 back for a limited series last year that they're now eager to dip into other long-since-ended favourites for similar treatment. Up first? The X-Files, Fox chairman Gary Newman confirmed to the Television Critics Association over the weekend. And that's not all. Apparently the network is already talking to stars David Duchovny and Gillian Anderson to find a schedule that works for them to return. Because, as we learned with the last two seasons of the original show, it just doesn't work without Mulder and Scully.

Fox is in talks with David Duchovny and Gillian Anderson to bring back The X-Files for a limited series. CONTRIBUTED

Curvy model gives the skinny on the weight of women in Hollywood

Plus-size model Ashley Graham has a bone to pick with Hollywood about how definitions of size have changed.

"You girls don't have much to look at. Curvy women are not on the covers of magazines, they're not talked about on social media as much as other celebrities," Graham writes in an essay for Net-A-Porter's The Edit. "Jennifer Lawrence is the media's poster girl for curves — she's tiny!"

Wait, who are these people calling Jennifer Lawrence a big girl, and how do I shut them up? Because come on.

Ashley Graham

Stephen Fry, left, and Elliott Spencer have wed. TWITTER/STEPHENFRY

Stephen Fry, Elliott Spencer have gone to the chapel

Well, that was fast. When British author and comic icon Stephen Fry announced his intentions to wed stand-up comic Elliott Spencer, I didn't realize he meant, "10 days from now."

But tie the knot is exactly what Fry and Spencer did over the weekend.

And while it was a very small, private affair, Fry was nice enough to keep everyone updated via Twitter.

"Gosh. (Spencer) and I go into a room as two people, sign a book and leave as one. Amazing," Fry posted Saturday afternoon on his feed, along with a photo of he and Spencer signing a wedding register at the registry office in Dereham, Norfolk.

Two vampire empires to join in marriage

A new peace has been brokered between popular vampire franchises, as Twilight actress Nikki Reed has reportedly accepted Vampire Diaries star Ian Somerhalder's marriage proposal after just six months of dating, according to Us Weekly.

"She accepted with glee. She is madly in love," a source says. "They were friends before, the groundwork had been laid before. They had always been attracted to each other, but always in another relationship. It may seem quick, but they knew it was right. They believe in the same things." I'm starting to think this anonymous source is trying a little too hard to convince us this is a good idea.

Twilight's Nikki Reed and Vampire Diaries star Ian Somerhalder

SCENE

Anderson prefers Stella role to Scully

Netflix. The Fall star talks Jamie Dornan, complex female sleuths and swimming

Gillian Anderson GETTY IMAGES

There's agent Dana Scully of The X-Files and Blanche Dubois in A Streetcar Named Desire. Also Lily Bart in The House of Mirth, with a little Bedelia du Maurier, aka, Hannibal Lecter's shrink, thrown in.

Of all the period costumes and unraveling of twisted psyches that Gillian Anderson has taken on, she likes her Stella Gibson the most. Gibson being the enigmatic detective superintendent sent from London to Northern Ireland on the critically acclaimed serial-killer series The Fall, a.k.a. the thing Jamie Dornan finds himself in the middle of as Fifty Shades of Grey madness begins to take a tighter hold.

Anderson had little to say about Dornan in a recent interview, begging off because the two didn't physically work with each other on The Fall during the first season. They do a little the second time around as Dornan's woman-killer, ex-family man Paul Spector, goes on the run.

Netflix drops the second season of the taut, Belfast-set drama Friday.

"Jamie Dornan wasn't Mr. Fifty Shades of Grey" when the slow-paced, cat-and-mouse show began on Irish television and the BBC, Anderson said. "Jamie Dornan was cast after having done very little, and we cast him before Fifty Shades of Grey, so that's what our starting point was. This was a fresh face of somebody who was clearly a very good actor."

The 46-year-old Anderson, who has won awards for both stage and screen work, owes her early success to Scully, but considers Gibson the most interesting on her resume, with little-to-no backstory provided for the character during the first five-episode season.

"The script for The Fall was very different than anything I've read before, and I felt that Stella was about as complex a character as I ever encountered," she said.

"That appeals to me. Even after the second season, after we do get hints here and there, maybe bits of her past, you're still asking the question who is she and what makes her tick?"

One thing that keeps Gibson going is lap swimming. Anderson hit the pool herself the first season but required a body double for the second.

"I don't generally enjoy it," Anderson said of Gibson's pool obsession. "But the day that we shot all those scenes I thought this is OK, I like this. I could maybe do this on a regular basis, and then between that point and the time that we shot the second season I developed what's called a frozen shoulder."

As for how television's female crime fighters have changed over the years since the X-Files debuted, Anderson doesn't really know. "I don't watch TV myself," she said. "I seriously don't know how people find the time. ... I have a lot on my plate and when I'm (on) airplanes, I'm writing. I'm more likely to choose a film if I do make that time for myself."

In addition to three kids, Anderson has given birth to A Vision of Fire, the first of a science fiction book trilogy co-written with Jeff Rovin. And she's been working "for about 100 years" on a screen adaptation of Elizabeth Rosner's debut novel, The Speed of Light, about a brother and sister dealing with their father's secret past.

She's now also one of the executive producers on The Fall, which saw the exit of director Jakob Verbruggen. Season 2 duties fell to creator Allan Cubitt. Anderson said she can "pretty much" promise a third season. With Dornan?

"We don't know that he's gonna follow us into a third season," she said.

THE ASSOCIATED PRESS

Jamie Dornan

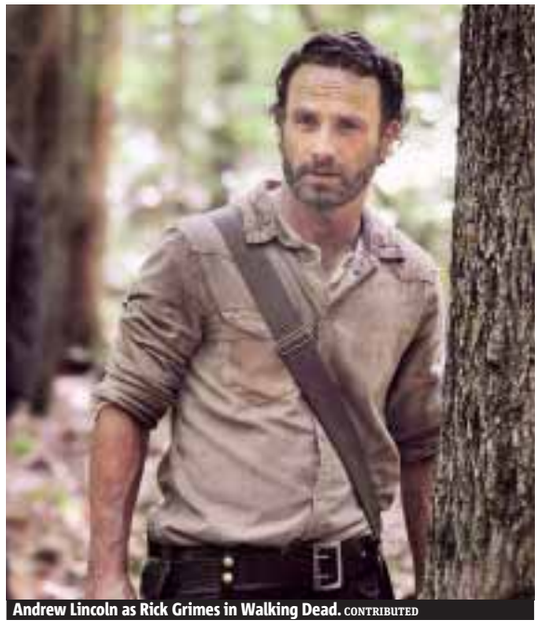
"We cast him before Fifty Shades of Grey.... This was a fresh face of somebody who was clearly a very good actor."

Gillian Anderson, speaking of her costar in The Fall

Cult television

So, Laura Palmer is dead. Pfft. Give her a reboot, too!

Entertainment website HitFix is looking forward to the Twin Peaks reboot and has a list of the 25 characters that should be brought back. Of course, they want Laura Palmer (played by Sheryl Lee) to return — even if she's dead. "Can you imagine Twin Peaks without Laura Palmer? The bruised beauty's murder may have been solved, but she is the crux of David Lynch and Mark Frost's macabre vision. ...it's up to the creators to figure out how to work Sheryl Lee into the follow-up series — and I trust they'll find a way." THE ASSOCIATED PRESS


Andrew Lincoln as Rick Grimes in Walking Dead. CONTRIBUTED

TV buzz. Walking Dead spinoff to be familiar but different — like zombies

With the spinoff for The Walking Dead ready to go into production, show creator Robert Kirkman is revealing a few clues about the new zombie series.

He says it'll be kind of the same and yet "startlingly different."

"I will say that this is going to be a show about family," Kirkman tells Entertainment Weekly.

"But it's going to be a show about a different type of family that we haven't explored in The Walking Dead thus far. So what we're trying to do with the Walking Dead spinoff is keep the story as familiar as possible for people that love The Walking Dead ... but at the same time we'll want to tell these stories in a completely different way with completely different people in a completely different setting that's going to make for a fundamentally different show."

Kirkman brought in a new director that hasn't previously worked with the Walking Dead team to give the spinoff its own identity.

"He hasn't directed The Walking Dead," says Kirkman of Adam Davidson. "So that is one way that we're trying to bring a new directing style to the show — to bring in new visual language to this show."

THE CANADIAN PRESS

DVD review

The Drop

Director. Michael R. Roskam

Stars. Tom Hardy, Noomi Rapace, James Gandolfini

This underworld drama boasts the final major screen performance by James Gandolfini, who died in 2013. He's spot-on as Marv, the owner of the seedy Brooklyn bar where the film's title happens on a regular basis: fat envelopes of gangster loot are slid into a safe beneath the beer taps.

But it's not Gandolfini who defines this slight yet compelling English-language debut by Belgian director Michael R. Roskam. That honour goes to Tom Hardy, a fabulous chameleon who almost vanishes beneath the worried brow of Bob, The Drop's narrator and protagonist. When Bob discovers an abused and injured pit bull, he also finds a mystery woman named Nadia (Noomi Rapace), who at first tries to keep her distance. Enter a dangerous third party: Nadia's unstable ex-beau Eric (Matthias Schoenaerts).

The Drop is steeped in a simmering underworld familiar to fans of late directors Sidney Lumet and Arthur Penn, and stripped of primary colours like their 70s cinema classics.

Tusk

Director. Kevin Smith

Stars. Justin Long

Neither fish nor fowl in its ludicrous tale of an arrogant Yankee podcaster (Justin Long) being turned into a walrus by a deranged Canuck seafarer (Michael Parks), Kevin Smith's Midnight Madness misfire flip-flops between bad comedy and dumb horror. The horror might have worked if Smith kept it to one good reveal of the Frankenwalrus, which actually is pretty creepy. But "excess" is Smith's middle name, so the show goes on . . . and on. PETER HOWELL

Know where your money goes

Spending journal. Get a pen and notebook, and start writing down what you spend — no fancy app required

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

In your spending journal, you'll note when you take cash out of the bank, and what you spend the cash on. ISTOCK

Once you start keeping track of where your money goes using a spending journal, you will be surprised at how often you buy coffee, gum, a mid-afternoon snack. You will be astonished at how often you go into shoe stores, tool stores and restaurants. Your spending journal will make you aware of where your money is going.

If you don't want to change how you're managing your money, you also probably don't care about how not paying attention affects you. Hey, enjoy your life. Just don't whine if down the road things don't turn out as you thought they would. You know the saying: "Insanity is doing the same thing over and over again and expecting different results."

If you're determined to know what you're doing with your money, regardless of how uncomfortable it makes you initially, get yourself a notebook and a pen. That's your spending journal. No fancy app required. No special tools needed. A pen and a notebook is all it takes.

Write your current bank balance at the top of the first page. Every time you spend a cent, deduct it from the balance in your journal. It doesn't matter if you're spending it using cash, a debit card, a credit card, cheques, or a bank transfer. Every penny gets tracked. (If you take cash out of the bank, you'll deduct the withdrawal and leave some space in your journal to note what you spent the cash on. Don't cheat!)

This will help you figure out which expenses are necessary and which are, well, not so much.

When you get money, add it into your spending journal. This could be a paycheque, government cheques or a refund of medical expenses. Every penny that comes in goes into the spending journal. If you make money in cash, you must enter that too. Slipping the cash into your pocket and spending it willy-nilly is cheating.

If you've been unconscious about your money for quite some time, it's likely going to take a bit of time to develop some new habits. Don't get impatient with yourself. Impatience will only distract you from the task at hand. You have, after all, a lot to learn.

You have to:

- distinguish between "needs" and "wants;"
- communicate with your friends and family about your new awakening and the changes you'll be making;
- recognize the impact marketing and advertising has on you, and resolve not to be influenced;
- create a balanced budget and track your expenses on a daily or weekly basis;
- recognize the importance of saving both for emergencies and for the long term;
- do the hard work it will take to come up with a debt repayment plan and then execute that plan;
- learn to not only see today's immediate needs, but plan for things you will need and want in the future;
- lead by example; show your children how to take charge of their money so they don't end up making the same mistakes you did;
- be willing to seek help if you feel overwhelmed or lost along the way.

Change is never easy. Most people hate change. There will be times when you fall off the rails. You'll lose track of a receipt and kick yourself. You'll skip the comparison-shopping because you just don't have time. Or you buy something that's not in your budget because, well, you just do. You're bound to make mistakes. The key is to right your rocky boat quickly to get back on track.

If you're still back at, "But Gail, who has time for this?" listen to me. I do. I track my money and stay conscious about what I'm doing with it. That's why I had enough money to walk away from television when I was asked to compromise my integrity. You can't have money if you aren't prepared to pay attention to it.

You drag your sorry butt out of bed come rain, snow, sickness or exhaustion. You bust said butt to make money so you can have a life. Shouldn't you spend at least two hours a month figuring out where that money is going?

Yup, that's all it'll add up to. Every time you buy anything, ask for a receipt and then add the info to your spending journal that night. It could take four to six weeks for the habit to really take hold. Less if you're flexible. More if you're a stubborn dog.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.

Just do it

- People often assume that I'm good with money because I like doing all the tracking I talk about. Are you crazy? Who wants to do that? It's not a matter of like or not like. I'm not so keen on cleaning my toilets and hauling out the garbage either, but I do it. There are days when I don't want to collect receipts or write in my spending journal, when I just can't be bothered. But if I'm not taking care of my money, who will?

Meatloaf gets an Italian-inspired upgrade

Dinner. Eggplant Meatloaf brings the well-loved flavours of tomato sauce and Parmesan cheese to the classic dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Meatloaf is an all-time family favourite recipe.

If you want to take this ordinary weeknight meal to different heights, try my updated version. I take a version of Eggplant Parmesan, serve it overtop the meatloaf and cover it with cheese. It's moist, delicious and healthy.

Directions

1. Preheat the oven to 400 F. Spray a 9x9 inch (square) pan with vegetable oil.

2. To make the meatloaf, combine the ground beef, egg, barbecue sauce, bread crumbs, green onions, garlic, basil and salt and pepper in a bowl. Pat into square pan and spread half a cup of the tomato sauce over top (saving the 1/4 cup remaining for the eggplant.)

3. Meanwhile, prepare the eggplant. Whisk the egg with the water in a small bowl. Combine the bread crumbs, parsley and Parmesan on a plate, mixing well. Dip the eggplant in the egg mixture, then coat with the bread crumb mixture. Place on a baking sheet sprayed with vegetable oil.

4. Bake both the eggplant and meatloaf for approximately 15 to 20 minutes. The beef should reach 165 F and the eggplant should be browned.

5. Assembly: Place the eggplant slices overtop of the meatloaf. Spread the remaining 1/4 cup tomato sauce over the baked eggplant slices. Sprinkle with the mozzarella cheese. Bake the Eggplant Meatloaf for 5 minutes or until the cheese is melted.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Nutritional information

Per serving

- **Calories.** 347
- **Carbohydrates.** 30 g
- **Fibre.** 2 g
- **Protein.** 34 g
- **Total fat.** 12 g
- **Saturated fat.** 5.2 g
- **Cholesterol.** 158 mg
- **Sodium.** 870 mg

Ingredients

Meatloaf
- 16 oz (1 lb) extra-lean ground beef
- 1 egg
- 1/3 cup barbecue sauce (or ketchup)
- 1/3 cup seasoned dry bread crumbs
- 1/4 cup finely diced green onions
- 1 1/2 tsp crushed garlic
- 1/2 tsp dried basil leaves
- pinch of salt and pepper
- 3/4 cup tomato sauce

Eggplant
- 1 egg
- 2 tbsp water or 2% milk
- 3/4 cup seasoned dry bread crumbs
- 3 tbsp chopped fresh parsley
- 3 tbsp grated Parmesan cheese (3/4 oz)
- 6 crosswise slices of eggplant, skin on, approximately 1/2-inch thick
- 2 tsp vegetable oil
- 1/2 cup shredded part-skim mozzarella cheese (1 1/2 oz)

This recipe serves four. ROSE REISMAN

A splash of colour and a lot of crunch

This Napa Cabbage Salad with Sesame-Miso Dressing serves six. ROSE REISMAN

If you're tired of a basic green lettuce salad, try this Napa cabbage version with a sesame-miso dressing.

Napa cabbage is often referred to as sui choy or Chinese or celery cabbage, and with its minimal calories it's a great addition to salads and stir-fries.

1. To make the salad, in a large bowl, combine the cabbage, bean sprouts, carrot, red pepper, snow peas, green onion and almonds.

2. To make the dressing, in another bowl whisk the miso, water, vinegar, soy sauce, brown sugar, sesame oil, garlic and mustard until smooth. Pour over the salad and toss to coat.

3. Garnish with toasted sesame seeds and chopped parsley or cilantro.

ROSE REISMAN

Ingredients

- 3 cups thinly sliced nappa cabbage
- 1 cup bean sprouts
- 1 cup grated carrot
- 1 1/2 cup thinly sliced red bell pepper
- 1 cup snow peas, halved
- 1/3 cup diced green onion
- 1/4 cup sliced toasted almonds

Sesame-miso Dressing
- 2 tbsp mild yellow miso paste
- 2 tbsp water
- 1 tbsp rice vinegar
- 1 tbsp low-sodium soy sauce
- 4 tsp brown sugar
- 2 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp Dijon mustard

Garnish
- 2 tsp toasted sesame seeds
- 1/4 cup chopped parsley or cilantro

Surefire ways to spark career creativity

Career. Research shows great ideas come quicker when our inner innovator is embraced

MARIANNE HAYES
Metro in New York City

Don't be too concerned with keeping your creative thoughts organized. Imagination is best ignited when thoughts are allowed to flow freely. ISTOCK

Whether you're a songwriter or a business executive, creativity goes a long way when it comes to success. On the flip side, creative slumps can be frustrating enough to make us give up on a task altogether.

Creativity, innovation and leadership expert Michael J. Gelb says that one of the biggest misconceptions people have is that they aren't creative. "We have to give up the idea that creativity is some sort of magic that some people have and others don't," he says.

According to Gelb, author of Creativity on Demand, scores on creativity tests go up 25 per cent when people change their self-concept from "I'm not creative" to "I might be creative."

Looking to get your creative juices flowing? Read on for some of Gelb's top tips for nurturing your innovative side.

Generate first, organize later

In school, we're typically taught to put all of our ideas into outlines. But Gelb says that outlining actually slows down creative thinking.

"You want to generate your ideas in a free-flowing, nonlinear, playful, exploratory way," he says.

Gelb touts the benefits of a brainstorming approach called mind-mapping, which uses lines, images, colours and symbols to help generate original ideas.

Stream of consciousness writing is another tool for jump-starting the creative process. The gist of this technique is to write as fast as you can without censoring or editing yourself in any way.

"Think of lots of ideas, and go for playful, absurd and ridiculous ideas," Gelb says.

Embrace play

One of the most powerful things you can do to boost creativity is to make time for fun. "Play and humour liberate your creativity, and over-seriousness shuts it off," says Gelb.

The idea isn't exactly novel. (Experts have been exploring the positive effects of humour for years.) But that doesn't make it any less effective.

Laughter gets oxytocin rushing through your system, which supports relaxation and confidence. In other words, it sets the stage for more creative, out-of-the-box thinking.

"When you're able to think of non-habitual ideas, you get your brain outside of habitual pathways — and that's where creativity is going to come," says Gelb.

There's a growing body of research suggesting that the more you laugh, the more likely you are to experience those golden "aha" moments.

Take a break

Believe it or not, taking a break is a powerful step in the creative process.

It makes sense given that our best ideas rarely come while sitting in our cubicles. Instead, Gelb encourages folks to incorporate breaks into their regular routines.

"Recognize that the break is as important as the concentrated work," he says.

While brainstorming stimulates your mind outside of habitual pathways (which is definitely key), breakthroughs don't typically come until you shift back into a more relaxed brainwave state.

This is why some of our best ideas spark to life during mindless activities, like taking a shower or driving to the supermarket. According to a 2012 New York Times report, skipping breaks can also lead to stress and exhaustion.

"Work with great intensity and focus, and then make taking a break an integral part of your thinking, planning, and problem solving," says Gelb.

Think about it

"When you're able to think of non-habitual ideas, you get your brain outside of habitual pathways — and that's where creativity is going to come."

Michael J. Gelb
Creativity, innovation and leadership expert

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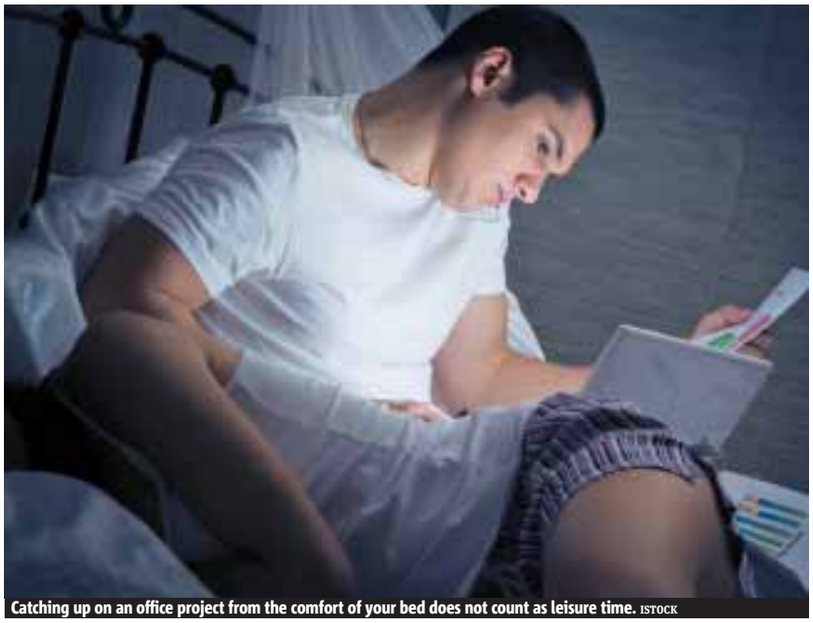
How to keep work from controlling your life

Career. It's important to maintain an existence outside of your nine-to-five

EMILY LAURENCE
Metro in New York City



Catching up on an office project from the comfort of your bed does not count as leisure time. ISTOCK

Chances are, even if you love your job, you want your life to be more than just work, work, work. But instead of using off-hours to pursue a new hobby, many either don't have the energy or are still "on," responding to constant emails.

"Technology has freed us up in many ways, but at the same time it's imprisoned us. It's very difficult to create boundaries," says Brigid Schulte, author of Overwhelmed: Work, Love and Play When No One Has Time.

To help create boundaries, Schulte advises setting aside a certain time each day to check email and that's it. She also says that leaving work "on time" won't keep you from getting ahead. "The way you get ahead is [simply] to do really great work," she says.

The sad thing is, according to leisure researcher Roger Mannell, even when people have a block of time free, they don't know what to do with it. That leads to mindlessly watching TV, messing around on your phone and not doing anything that leaves you feeling satisfied with how you used your time.

"There is no rule of thumb like 'x' amount of leisure time makes you feel great," Schulte says.

"Control and choice are the keys."

It's important to think about what you really want to do with your free time — whether it's meeting up with friends more, blogging or working out — and then setting aside a devoted time on a regular basis where you are fully immersed and not doing it while checking your phone at the same time.

What's the secret?

There is no rule of thumb like 'x' amount of leisure time makes you feel great. Control and choice are the keys."

Brigid Schulte
Author of Overwhelmed: Work, Love and Play When No One Has Time

What work-life balance looks like

Craig Nevill-Manning has a demanding job as an engineering director at Google, building features like their Crisis Response organization and improving the search engine's functions. But for years, he wanted to pursue another interest of his in his off-time: opening up a café.

He opened Happy Bones café and has struck a balance between working full-time and tending to his passion project on the side.

"I have great partners, including my wife, and a great café manager," he tells us.

"And at Google, we encourage employees to have a good work-life balance."

Being honest with your managers about your outside passions and not hiding them is one key to helping you do it all; they'll respect why you are leaving work on time.

"Life is all about variety," Nevill-Manning says.

And developing a good work-life balance is part of that.

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Career advice every millennial needs to hear

Work advice. Take hold of your employment destiny by taking heed of these important tips

MARIANNE HAYES
Metro in New York City

It's estimated Millenials will make up 75 per cent of the workforce by 2025. ISTOCK

Millennials are quickly making up a huge chunk of the workforce. Today many are still in entry-level roles, which makes now the perfect time to start strategizing future career growth.

"You've really got to be the CEO of your own career," says millennial workplace expert Lindsey Pollak.

How exactly do you do that? Pollak, the New York Times bestselling author of Becoming the Boss is here to tell you.

Network, network, network

It may sound obvious, but the importance of networking cannot be overstated. This especially holds true for millennials — many of whom are opting for the freelance life as opposed to traditional 9-to-5s. (According to a 2013 Millennial Branding report, nearly half of all millennials value workplace flexibility over pay.) The truth is that freelancing/consulting/whatever you want to call it is a fast-growing trend among Gen Y-ers.

"I think the economy has changed, particularly since the Great Recession, and it's harder to get a full-time job with benefits," says Pollak. "I also think a lot of millennials aren't as attracted to full-time, paid employment. They're interested in side gigs, freelancing, and entrepreneurship in addition to, or instead of, what we've considered traditional employment."

If you're even partially self-employed, which many millennials are, networking is critical to drumming up business.

Pollak says becoming active in professional associations and alumni groups can open the door for establishing new contacts.

Seek creative leadership roles

Millennials are a confident bunch. According to Pollak, most members of this generation are itching to move up the ladder — sometimes way faster than their companies are willing (or able) to promote them. One 2014 millennial leadership survey from The Hartford found that 83 per cent of millennials already feel like leaders, whether they're in leadership positions or not.

If you're currently employed within a company, Pollak advises getting as involved as you can. "It's no longer enough to just put your head down and do the work," she says. "You've also got to go to meetings, sign up for mentoring, join an internal network within your company, and volunteer for projects and internal assignments."

Be sure to look for leadership roles outside of your company as well. This could include working with nonprofits or local community groups.

These are the things that'll beef up your resume and LinkedIn profile. They'll also satisfy your desire to lead.

In case of emergency

Don't blow off the value of insurance

- Freelancing certainly doesn't come with a cushy benefits package. And even if you work for a company, many employers are scaling back on the types of benefits they offer. Pollak advises all millennials to think ahead when it comes to disability and life insurance.
- "Disability insurance will keep a paycheck coming in if you're not able to work because of an off-the-job injury or illness," she says. "And life insurance is something a lot of millennials just don't think about. But if, for example, your parents co-signed your student loans that you're still paying back and something happens to you, your parents would still be responsible for them."

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Champs heading back to Super Bowl

NFL playoffs. Seahawks overcome 16-point deficit to edge Green Bay in instant-classic thriller

The Seahawks' Michael Bennett with Russell Wilson after their NFC championship win over the Green Bay Packers on Sunday in Seattle. RONALD MARTINEZ/GETTY IMAGES

Never doubt the resilience of the Seattle Seahawks.

Plagued by turnovers and outplayed much of Sunday by Green Bay, the Seahawks staged an improbable comeback and beat the Packers 28-22 in overtime. Russell Wilson, who struggled until the final minutes, hit Jermaine Kearse for a 35-yard touchdown 3:19 into the extra period to end the game.

The Seahawks became the first defending champion to make the Super Bowl in 10 years.

Seattle (14-4) trailed 19-7 with about four minutes remaining and had been ineffective on offence all game. Wilson finally put a drive together with passes to Doug Baldwin and Marshawn Lynch — initially ruled a touchdown but called back because he stepped out of bounds. Wilson finished with a one-yard scoring run to cut the lead to 19-14 with 2:09 left.

The onside kick went high to Packers tight end Brandon Bostick, but he couldn't gather it, and Seattle's Chris Matthews recovered at the 50. The crowd, which had been quiet since falling behind 16-0, came alive and Lynch sped and powered his way to a 24-yard TD run. On the two-point conversion, Wilson — about to be sacked — threw a desperate pass hauled in by Luke Willson to make it 22-19 with 1:25 remaining.

Aaron Rodgers, limping on an injured calf, calmly led the Packers (13-5) down the field to set up Mason Crosby's fifth field goal, a 48-yarder with 14 seconds to go to force overtime.

Then Wilson and Kearse struck, with Kearse — the target on all four of Wilson's interceptions — beating Tramon Williams on the winning pass. Kearse caught the winning score in last year's conference title win over San Francisco, too.

"Just making the plays at the end and keep believing," said Wilson, who was overwhelmed and sobbing after the game. "There was no doubt ... we had no doubt as a team."

Until the final minutes, there seemed to be no doubt the Packers were headed to the big game Feb. 1 in Glendale, Ariz. Despite All-Pro Rodgers' injured calf, Green Bay and its overlooked defence was carrying the day.

THE ASSOCIATED PRESS

NFC championship

Seahawks	Packers
28	22

- **AFC championship.** Go to metronews.ca for coverage of Sunday's other game between the New England Patriots and Indianapolis Colts.

Sent packing

"It's going to be a missed opportunity that I'll probably think about for the rest of my career."

Green Bay Packers quarterback Aaron Rodgers

NBA

Raptors fall apart vs. Pelicans in 4th

DeMar DeRozan scored 22 points in a losing effort for Toronto on Sunday, as the Raptors dropped a 95-93 decision to the New Orleans Pelicans.

The Raptors ended their six-game homestand 2-4, and have lost seven of their last 10 games.

Tyreke Evans scored 26 points, while Akexis Ajinca finished with 22 for the Pelicans (20-20), who were playing without starters Anthony Davis and Jrue Holiday. THE CANADIAN PRESS

Downhill skiing

Vonn vrooms into World Cup all-time record tie

Lindsey Vonn won a downhill Sunday in Cortina d'Ampezzo, Italy, to match Annemarie Moser-Proell's 35-year-old record of 62 World Cup wins, capping a comeback from two serious knee surgeries. THE ASSOCIATED PRESS

Freestyle skiing

Dufour-Lapointe earns more gold

Montreal freestyle skier Justine Dufour-Lapointe added to her Olympic gold medal by winning the world moguls title, while Mikael Kingsbury of Deux-Montagnes, Que., took silver in the men's event on Sunday in Kreischberg, Austria.

Dufour-Lapointe, who earned bronze at the 2013 worlds in Norway, scored 87.25 points in the final.

THE ASSOCIATED PRESS

Jets beat Coyotes in overtime nailbiter

Coyotes Oliver Ekman-Larsson and Shane Doan close in on a goal during the first period of Sunday night's game at MTS Centre. TREVOR HAGAN/THE ASSOCIATED PRESS

Bryan Little scored once in regulation and fired home the shootout winner as the Winnipeg Jets extended their win streak to four games with a 4-3 victory over the Arizona Coyotes on Sunday night.

Michael Frolik and Dustin Byfuglien also scored for the Jets (25-14-8), who have now collected points in its last six contests dating back to Jan. 10 against the Los Angeles Kings.

The Coyotes (16-24-5) trailed 3-1 late in the third period before Lauri Korpikoski and Tobias Rieder scored to force overtime.

Oliver Ekman-Larsson also scored for Arizona while Shane Doan had two assists.

Ondrej Pavelec made 28 saves for the Jets. Mike Smith stopped 27 shots for the Coyotes.

The Jets played without Mathieu Perreault, who missed the contest with an upper-body injury after taking a vicious cross-check to the arm from Chicago Blackhawks forward Daniel Carcillo in Friday's 4-2 win.

Doan returned to the Coyotes' lineup after missing two games with a lower-body injury.

THE CANADIAN PRESS

On Sunday

Jets	Coyotes
4	3

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are assertive by nature but you also possess charisma and with Venus so strong in your chart at the moment you will charm the birds from the trees.

♉ Taurus
April 21 - May 21
You will either impress some very important people today or you will upset some very important people. There is no middle ground.

♊ Gemini
May 22 - June 21
Anyone who thinks that you will change your plans to fit in with what they want to do clearly does not know you well. Let them know you're the boss.

♋ Cancer
June 22 - July 23
If facts and figures don't add up then you must investigate the matter. Yes, you may annoy a few people but as it's your reputation and money at stake you can't afford to take chances.

♌ Leo
July 24 - Aug. 23
It is likely that you will have a heated difference of opinion with someone today and you must not back down. Others will respect you more if you stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
You take your responsibilities seriously, which is good, but if you focus on them to the exclusion of everything else today you could miss out on a fun time. All work and no play is rarely a good idea.

♎ Libra
Sept. 24 - Oct. 23
Find a balance between being assertive and being passive. Cosmic activity in your fellow Air sign of Aquarius will see to it that the right opportunity arrives at the right time.

♏ Scorpio
Oct. 24 - Nov. 22
If you speak your mind today you will get away with it no matter how outrageous your comments may be. If you speak your mind tomorrow there may be negative consequences.

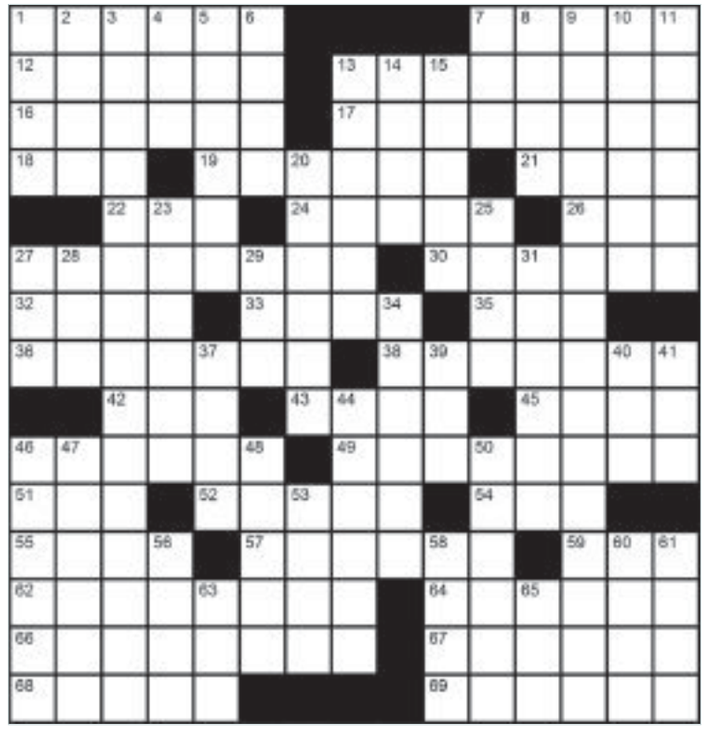
♐ Sagittarius
Nov. 23 - Dec. 21
If a friend asks for your opinion about something it will pay you to say what you think they want to hear, even if you believe the opposite. Arguments are best avoided over the next 24 hours.

♑ Capricorn
Dec. 22 - Jan. 20
Don't change things for the sake of it today because almost certainly you will have to change them back again when mind planet Mercury turns retrograde on Wednesday.

♒ Aquarius
Jan. 21 - Feb. 19
You won't care in the slightest what anyone thinks about you today. You are determined to show that you will follow your own path through life.

♓ Pisces
Feb. 20 - March 20
You may not be your sociable self today but in a way that's OK because you need to spend time in your own company. Think about life's direction.

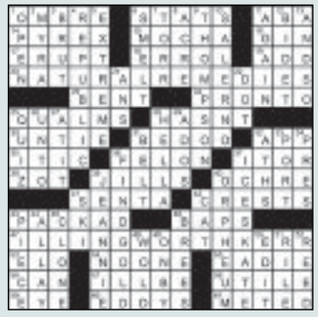
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. US federal holiday: Martin __ King Day
7. Current movie starring David Oyelowo as the Civil Rights leader at #1-Across
12. Author S.E. Hinton = Susan __ Hinton
13. Monument type honouring #1-Across in Washington, D.C.
16. Bays
17. Big name in typewriters when typewriters were big
18. T-__ pans
19. Classic video game platforms
21. British WWII submachine gun
22. Athletic
24. Singer Ms. Payne
26. Caustic stuff
27. Saint John, NB: Circular fort, as per Carleton __ Tower
30. Dwell
32. Tire: French
33. Glass Tiger's "My __"
35. Gladiator's 201
36. One of the Windward Islands
38. Songstress Joan
42. "Volare (__ Blu Dipinto Di Blu)"
43. Root vegetable
45. Amphibious sort
46. Robinson __ (Classic book)
49. Snow __ (Arctic birds)
51. "Superman" g.r.o.u.p.
52. Lohengrin aria: "__ Dream"
54. "Yay!"
55. Long-range weapon, commonly
57. Airline, __ Pacific
59. "Well!"
62. Soapstone
64. Flying bird, at times
66. Destroyed by acid
67. Bags
68. Canadian figure skating great Brian
69. "Remington __"

Down
1. Norse navigator Mr. Ericsson
2. Forearm bone
3. They often start 1-800...: 2 wds.
4. "Hurry!"
5. Millionaire's spread
6. Relaxation
7. First 'S' in USSR [abbr.]
8. '70s Spanish hit: "__ Tu"
9. Canadian animal breed (answer is the nickname of it) that achieved official national status in 2002: 3 wds.
10. Nautical friends
11. Skirt styles
13. "Good __" (Olde-style greeting)
14. Author Mr. Wiesel
15. Bungle
20. Buoyant
23. Apple songs
25. Rhyme scheme
27. Car ad fig.
28. Begin to spell out Saskatchewan's capital... "Give me __ '_'!"
29. Inc.'s cousin
31. #33-Across bit: "When I think of you __..."
34. "There's time still.": 2 wds.
37. Moisturizer ingredient
39. Family member
40. Bug
41. Mr. McMahon's
44. Declined
46. Cooking oil brand
47. Parish gig
48. 1961 Charlton Heston film: 2 wds.
50. Compete for a team position: 2 wds.
53. Satisfy
56. She-horse
58. Pharaoh symbols
60. Shoe part
61. "The '__ 'e knows above a bit..." - Rudyard Kipling
63. Maple Leafs, on scoreboards
65. 'Is', plurally

Friday's Crossword

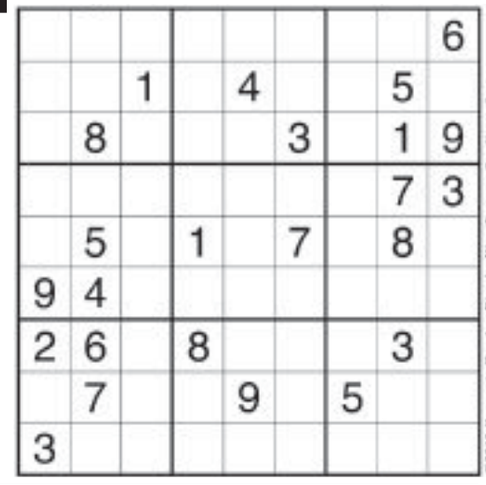


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Friday's Sudoku

8	4	1	7	5	2	9	6	3
9	7	6	8	3	4	2	1	5
2	3	5	6	9	1	4	8	7
3	2	7	4	8	6	5	9	1
5	8	4	9	1	7	6	3	2
1	6	9	5	2	3	7	4	8
6	1	2	3	4	5	8	7	9
7	9	3	2	6	8	1	5	4
4	5	8	1	7	9	3	2	6

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